



Photo by Greg Westfall

CHILD & ADULT ANGER WORKSHOP

WITH RUTH BEAGLEHOLE

**Saturday
December 5, 2015
1:30pm-4:30pm**

Location: 1226 N. Alvarado St.
Los Angeles, 90026

Fee: \$75 per person
\$125 per couple

Register Online at:
www.echoparenting.org
Click on Special Topics Workshops
under Parenting Programs

or

contact Kim Pesenti at
(213) 484-6676 ext. 319
kpesenti@echoparenting.org

Seating is limited.

Prearranged childcare available
upon request.

**Many of us have asked ourselves - “Why did I get so angry?”
“Where is it coming from and how can I handle it better?”**

During this 6 hour workshop, we will study what anger is, its origins and the impact it can have on our lives and our families.

Participants will also learn strategies for self-regulation and for helping children learn to regulate during those potentially explosive situations.

Remember, raising children can bring unexpected challenges and every parent and child experiences feelings of frustration and anger. Echo Parenting & Education provides the knowledge and tools that we all need to maintain loving, connected relationships.

5 Things You May Not Know About Anger:

- Anger is not a “bad” emotion.
- Every parent & child experiences deep feelings of anger and frustration.
- Anger can give us information.
- Anger can lead us to feel lonely and affect our health.
- You can feel anger and still have a loving connected relationship with your child.